

## Trigger Point Injection

Trigger point injection therapy is a minimally invasive procedure used to treat pain caused by trigger points - tight, knotted areas in muscles that can cause localized pain and even referred pain to other parts of the body. These trigger points often feel like tender nodules or "knots" when pressed.

### How it works:

During the procedure, a healthcare provider injects a small amount of local anesthetic, sometimes combined with a vitamin compound, a botanical or homeopath directly into the trigger point. This helps to:

- **Relax the muscle:** The anesthetic numbs the area and helps the muscle fibers to relax, reducing the tightness and pain.
- **Reduce inflammation:** The vitamin, botanical or homeopath, helps to decrease inflammation around the trigger point, further relieving pain.
- **Interrupt pain signals:** The injection may disrupt or defuse the transmission of pain signals from the trigger point to the brain.

### Benefits:

- **Effective pain relief:** Trigger point injections can provide significant and often immediate pain relief, which may last for several weeks or even months.
- **Improved function:** By reducing pain and muscle tightness, trigger point injections can help improve range of motion and overall physical function.
- **Non-invasive:** It's a minimally invasive procedure with few risks compared to surgery or other more extensive treatments.
- **Reduced medication use:** Trigger point injections may help reduce the need for pain medications, which can have side effects.

### Who may benefit:

Trigger point injections may be helpful for people with various pain conditions, including:

- Myofascial pain syndrome
- Fibromyalgia
- Tension headaches
- Neck and back pain
- Shoulder pain
- Hip pain
- Other musculoskeletal pain conditions

### Important considerations:

- Trigger point injections are generally safe, but there are potential risks like infection, bleeding, or nerve damage.
- The effectiveness of trigger point injections can vary from person to person and may depend on the underlying cause of the pain.
- It's important to find a qualified healthcare professional with experience in administering trigger point injections. Dr. Stockton not only has hundreds of hours in injection training, but she also teaches it to other practitioners here in Arizona.

If you're struggling with chronic pain or muscle tightness, trigger point injection therapy might offer a valuable treatment option. Consult with your healthcare provider to discuss your specific condition and determine if this therapy is right for you.